

# DINNERLY



## Balanced Chimichurri Chicken Bowl with Avocado and Grains



35 minutes



2 Servings

Serve up wholesome mixed grains (they're a superfood powerhouse!) with chicken spiced with South American chimichurri. Tangy pickled carrot and creamy avocado balance out the spices in the dish.



### WHAT WE SEND

- 125g rice, quinoa and barley blend<sup>1</sup>
- 1 spring onion
- 1 carrot
- free-range chicken thigh fillets
- 5g chimichurri spice blend
- 1 avocado

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs white wine vinegar<sup>17</sup>
- 1 tsp honey
- 1 tbs olive oil

### TOOLS

- medium saucepan
- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 625kcal, Fat 26.9g, Carbs 54.5g, Proteins 36.1g



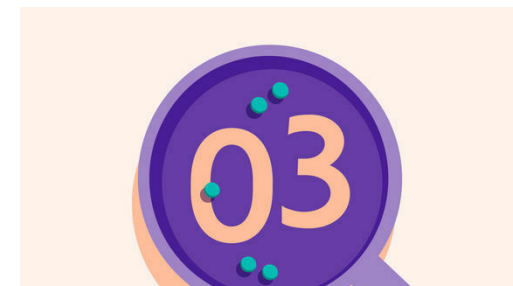
#### 1. Cook grain blend

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **grain blend** and cook for 20-22 mins until tender. Drain.



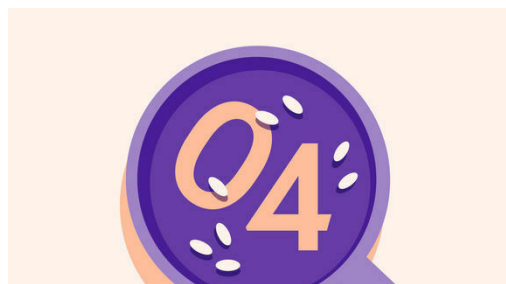
#### 2. Prep ingredients

Meanwhile, crush or finely chop 2 **garlic cloves**. Thinly slice the **spring onion** on an angle. Peel the **carrot** and shred using a julienne peeler or coarsely grate with a box grater. Cut the **chicken** into 1cm-thick slices. Put the chicken, garlic and 2 **tsp chimichurri spice blend** (see Make it yours) in a bowl. Season with **salt and pepper** and toss to combine.



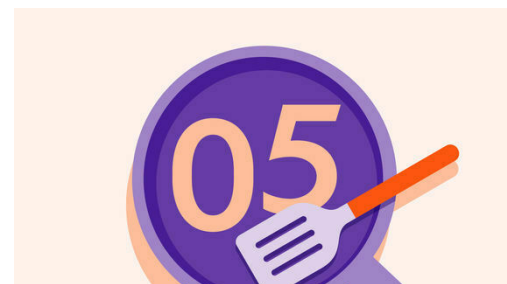
#### 3. Pickle carrot

Put 1 **tbs white wine vinegar** and 1 **tsp honey** in a bowl, season with **salt and pepper** and stir to combine. Add the **carrot** and toss to coat. Set aside to pickle, tossing occasionally, until needed..



#### 4. Cook chicken

Heat 1 **tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken**, stirring, for 3-4 mins until browned and cooked through. Remove the pan from the heat.



#### 5. Serve up

Drain the **carrot**, discarding the pickling liquid. Thinly slice the **avocado**. Divide the **grain blend** among bowls and top with the **chicken**, **pickled carrot** and avocado. Scatter over the **spring onion** and enjoy!



#### 6. Make it yours

Don't like things too spicy? Chimichurri gives the chicken a little chilli kick, but feel free to use less.